

Storm McDonald London Dairy Barn

The Londonderry barn was built in about 1941 by the owner of the property, Storm McDonald. It was built by local labor and is located on the highway north of Heber City.

Mr. McDonald owned the Chevrolet Automobile Agency in Heber, and often traded cars for cat-

tle, and built a small barn on the west side of the highway where the cows were milked.. Eventually, his herd became too large and the Londonderry barn was built to hold 40 cows which were milked and bedded down in the barn.

The loft of the barn would hold 100 ton of hay, and had hardwood flooring which at times became a place for basketball for a lot of

young boys.

Later, the barn was converted into horse stalls which were rented out to horse owners. A trainer was available for training. The barn was built on property originally owned by the McDonald family, **Joseph S. McDonald** being the father of Storm. It is no longer in possession of the McDonalds.

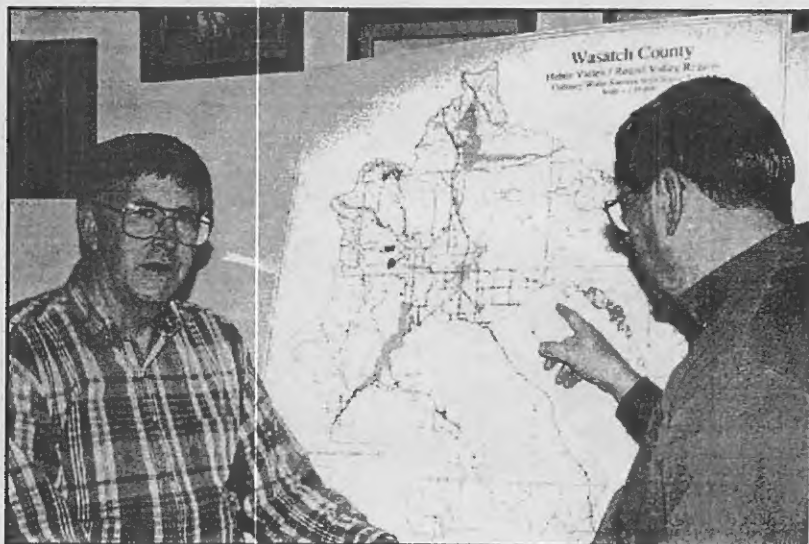
Source of Information - Guy McDonald.

Address of Barn: N Highway 40, on the right, as you travel out of Heber City, Utah.

Informants: Guy S McDonald.

Researcher and Photographer: Florine M Whiting.

Your County Health Board at Work



Phil Lyons Vice Chairman of the Wasatch City/County Board of Health, reviews areas of environmental impact in the county with Phil Wright, director of the Wasatch City/County Health Department.

Phil Lyons was recently re-elected as vice chairman of the board. He was appointed to the seven member board by Heber City in 1993. In 1994, Phil was elected as the President elect of the Utah Association of Local Boards of Health. He has served in that capacity until 1997. Phil is an advocate for public health and fully supports the Health Department.

Recently Phil was in a local convenience store to purchase a television advertisement for the bottom half of a small level of a small owner "What is the best tobacco?" Needle

valley. If you have public health concerns contact a member of the board or the health department.

Phil is interested in maintaining a safe and healthy environment. He is impressed on how the health department responds to environmental health concerns such as: wastewater disposal restaurant inspections and culinary water supply safety. He has been concerned that with all the recent development in the valley

Breast Cancer Awareness

**BY KAREN COLLINS, M.D., CDN
American Institute
for Cancer Research**

Breast cancer strikes one in every eight American women. While risk factors like family history, late menopause and an early start of menstrual periods can foster a feeling of helplessness, research now offers several steps women can take to reduce their chances of getting the disease.

A low-fat diet was once considered a major factor in lowering breast cancer risk. After several large studies failed to establish a link, however, the scientific community's enthusiasm for the connection waned. Still, many researchers continue to believe there is a scientific basis for dietary fat involvement in the breast cancer process. Saturated fat from meat and some dairy products and polyunsaturated vegetable oils seem to promote cancer development, while only monounsaturated fats, like olive and canola oil and the fat in seafood, seem to pose no risk. Many studies have also found that dietary fat can influence hormone levels, which have been implicated as cancer promoters. New research also suggests that by thinning